



**Welcome to Unity's Interactive  
Worship Service**

**Today's Topic:  
Palm Sunday**

**Power Point notes available at:  
[www.unityofbakersfield.org](http://www.unityofbakersfield.org)**

**Palm Sunday**

Today's Daily Word in part reminds us that today can be "a time of awareness that a magnificent new dimension of spiritual expression is about to take place. The process may be chaotic and painful, but the hope perching in my soul knows that the next step on my spiritual journey is at hand."

Our next step is at hand. For a minute just look at your hand. What do you see?

**Palm Sunday**

For starters, (and a play on words), let's look at the palm. How can we relate to the palm of our hand and the message that Palm Sunday holds for us? Especially when you are faced with a process that "may be chaotic and painful?"

- P = Poised
- A = Assured
- L = Letting Go
- M = Mindfulness

**Palm Sunday**

P = Poised

As someone once said, "A person maintains their poise, balance and sense of security only as they move forward."

Jesus, in his attempt to change the minds of the people and bring about a shift in consciousness, moved forward during this week that changed the world, as he faced a chaotic and painful process.

**Palm Sunday**

A = Assured

If Jesus could speak today in a language that offered hope, what would he say about being assured? Maybe something like this:

"My life is my journey with God, it may be hard sometimes but I am assured it would be all worth it."

**Palm Sunday**

L = Letting Go

So much has been written about letting go, and it's easy to say, "just let go." That is, until you have to do it.

In his garden experience, Jesus had to let go. It was as if he heard this message from God, "Trust Me and let go." We heard the his answer when he said, "Not my will, but Thy will be done."

## Palm Sunday

### M = Mindfulness

Mindfulness was a message Jesus taught and lived, “Go to God first, then to man.” “When you pray, shut the door and pray to God in secret...” “Listen and hear when God speaks,” was a message he shared and lived.

Developing mindfulness allows you to not overcomplicate your prayer by letting God be God through you.

## Palm Sunday

So no matter what may come our way, by being poised and assured, while letting go and allowing ourselves to be mindful of God presence and power in our lives and affairs there is nothing we can not overcome.

And to help us in our overcoming we have four fingers to help with our process: Faith, Forgiveness, Fearlessness, and Fairness.

## Palm Sunday

**Faith** – It has been said that faith is like WiFi, it’s invisible but it has the power to connect you to what you need.

Jesus constantly taught about faith like a “grain of a mustard seed,” and “your faith has made you whole.” His faith in God to provide and sustain all who asked was summed up in “your faith can move mountains,” but be careful because your doubts can create them.

## Palm Sunday

**Forgiveness** – Forgiveness was a big issue for Jesus. Even from the cross he uttered the words, “Father forgive them for they know not what they do.”

Jesus understood that forgiveness wasn’t always easy, that it could feel more painful to forgive the person who wronged us or inflicted the pain. However, he knew there would be no peace in any life without forgiveness.

## Palm Sunday

**Fearlessness** – Jesus exhibited a fearlessness during his entire ministry, which ultimately lead to his crucifixion.

Did you know that “do not be afraid,” a statement Jesus often used, is found in the Bible 365 times. One reminder for every day from God to live our lives by being fearless. After all, “If God be for you, who can be against you?”

## Palm Sunday

**Fairness** – Jesus didn’t teach much about the idea of fairness. In fact his message to the people was that God was no respecter of persons, for he caused the sun and the rain to shine and pour out on the just and unjust alike. The law of compensation was available to all.

As someone once said, “Fair is not the same as equal. Fair means that everyone gets what they need. Equal means that everyone gets the same thing, and that’s not always fair.”

## Palm Sunday



To help us overcome and transcend any chaotic or painful processes we may encounter in our lives, we looked at our PALM that represents us being Poised, Assured, Letting Go, and Mindful. And the fingers of Faith, Forgiveness, Fearlessness, and Fairness. What's missing?

## Palm Sunday



The thumb. Without it humankind may never have evolved to create the civilization that we have today. Unable to grasp and hold anything we wouldn't have been able to build, to write, to paint, to hold onto life itself as we know it. Therefore without the thumb the palm and the fingers would be pretty much on their own.

## Palm Sunday

The thumb is the one element of the hand that brings all the other elements of the hand together to help us create, to build, to evolve. And what is the major element that the thumb represents for us on this Palm Sunday?

**Truth** - As Jesus proclaimed, "You will know the truth and the truth will set you free." He did not say, "You will know my truth and it will set you free."

## Palm Sunday

Jesus understood that when you stand in the Truth, you are able to let people judge you, misunderstand you, gossip about you, all of which was done to him. However, he stayed kind, committed to teaching love, while living in his authenticity. He knew who he was, and who God was and he wanted each of us to learn and experience what he had learned and experienced as the Truth that would set us free.

## Palm Sunday

"Ye are gods, children of the most high." Psalms 82:6 & John 10:34

"The kingdom is within you." Luke 17:21

"It is your Father's good pleasure to give you the kingdom." Luke 12:32

"Don't worry, your Father knows what you need before you even ask." Matt 6:8

"Ask and it will be given, seek and you will find, knock and it will be opened." Luke 11:10